

A Antiacne

*Unless otherwise noted all references are to Duke, James A. 1992. Handbook of phytochemical constituents of GRAS herbs and other economic plants. Boca Raton, FL. CRC Press.

Chemical	Dosage	References
(-)-EPIGALLOCATECHIN	--	*
(-)-EPIGALLOCATECHIN-GALLATE	--	*
ALPHA-PINENE	--	*
ALPHA-TERPINEOL	--	*
ANACARDIC-ACID	--	*
AZELAIC-ACID	--	*
BAICALEIN	--	*
BERBERASTINE	--	Mills, Simon and Bone, Kerry. 2000. Phytotherapy. Churchill Livinston, Edinburgh.
BERBERINE	--	Mills, Simon and Bone, Kerry. 2000. Phytotherapy. Churchill Livinston, Edinburgh.
BETA-CAROTENE	--	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
CAMPHOR	--	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.
CARYOPHYLLENE	--	*
CHROMIUM	--	*
CRYPTOTANSHINONE	--	*
DELTA-CADINENE	--	*
GAMMA-LINOLENIC-ACID	--	*
INDOLE	--	*
LINOLEIC-ACID	--	*
NEROLIDOL	--	*
PUFA	--	Martindale's 28th
PUFAS	--	Martindale's 28th
PYRIDOXINE	50 mg/day	*
RESORCINOL	--	*
SELENIUM	200 ug/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
SULFUR	--	Martindale's 29th
TERPINEN-4-OL	--	*
THYMOL	--	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.
TIN	--	*
ZINC	135 mg/day	*